

Nopales (Grilled Cactus Paddles)

<http://thedomesticman.com/2013/04/30/nopales-grilled-cactus-paddles/>



6-8 nopales (prickly pear paddles)
1 tbsp olive oil
1/4 tsp each salt and pepper

Using a sharp knife, hold the nopales by its stem and scrape off its thorns. Then hold it on the other side and scrape down its stem until you get to the soft part. Rinse and pat dry.

Brush the oil onto the nopales, and sprinkle on the salt and pepper. Grill on direct, medium heat, and flip once it is slightly charred, about two minutes. Grill for another two minutes – you'll know they're ready when they are soft and dark green. Slice and serve.